

## Appendix G: Resources

### Systems Resources:

**ACEs: Active Community Environments Initiative.** CDC's Active Community Environments Initiative (ACES) promotes walking, bicycling, and the development of accessible recreation facilities. It was developed in response to data from a variety of disciplines, including public health, urban design, and transportation planning. These data suggest characteristics of our communities such as proximity of facilities, street design, density of housing, and availability of public transit and of pedestrian and bicycle facilities play a significant role in promoting or discouraging physical activity. For more information go to: [www.cdc.gov/nccdphp/dnpa/aces.htm](http://www.cdc.gov/nccdphp/dnpa/aces.htm).

**Action for Healthy Kids.** A nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. For more information go to: [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

**Active Living by Design.** A national program of The Robert Wood Johnson Foundation and is administered by the University of North Carolina's School of Public Health in Chapel Hill. The program establishes and evaluates innovative approaches to increase physical activity through community design, public policies, and communications strategies. For more information go to: [www.activelivingbydesign.org](http://www.activelivingbydesign.org).

### American Obesity Association (AOA).

The AOA is the only obesity organization focused on changing public policy and perceptions about obesity. For more information go to: [www.obesity.org](http://www.obesity.org).

**Association for Utah Community Health.** This organization supports and represents its member organizations and works to increase access to health care for medically underserved populations in Utah. For more information go to: <http://www.auch.org>.

**Center for Disease Control and Prevention (CDC) Resources Overweight and Obesity Resources.** A hyperlinked list of resources addressing both the individual and systems relating to overweight and obesity. For more information go to: [www.cdc.gov/nccdphp/dnpa/obesity/resources.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/resources.htm).

**Center for Disease Control and Prevention (CDC) State-Based Nutrition and Physical Activity to Prevent Obesity and Other Chronic Diseases.** CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development. For more information go to: [www.cdc.gov/nccdphp/dnpa/obesity/state\\_programs](http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs).

**Mayors Bicycle Advisory Committee (MBAC).** The MBAC consists of active and involved members committed to the mission and goals of bicycle advocacy. Members motivate and encourage each other and potential new members in the belief that their efforts on behalf of the MBAC can and will make a difference. For more information go to: [www.sl.gov.com/transportation/bicycletraffic/committees.htm](http://www.sl.gov.com/transportation/bicycletraffic/committees.htm).

**Pedestrian and Bicycle Information Center (PBIC).** The PBIC is a clearinghouse for information about health and safety, engineering, advocacy, education, enforcement and access and mobility. The PBIC serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community. For more information go to: [www.pedbikeinfo.org](http://www.pedbikeinfo.org).

**Rails-to-Trails Conservancy.** Creating a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people. For more information go to: [www.railtrails.org](http://www.railtrails.org).

**The Robert Wood Johnson Foundation.** The nation's largest philanthropy devoted exclusively to improving the health and health care of all Americans, the Robert Wood Johnson Foundation works with a diverse group of organizations and individuals to identify solutions and achieve comprehensive, meaningful and timely change. For more information go to: [www.rwjf.org](http://www.rwjf.org).

## Resources for Individuals:

**American Cancer Society.** Sponsors fund-raising athletic events such as Relay for Life. For more information go to: [www.cancer.org](http://www.cancer.org)

**American Diabetes Association.** Is the nation's leading nonprofit health organization providing diabetes research, information, and advocacy. The ADA has information on diet and exercise, as well as information on fund-raiser events such as Walk for Diabetes and Tour de Cure, on their website. For more information go to: [www.diabetes.org](http://www.diabetes.org).

**American Heart Association (AHA).** Their mission is to reduce disability and death from cardiovascular diseases and stroke. The AHA has information on diet and exercise, as well as information on fund-raiser events such as Heart Walk and Hoops for Heart, on their website. For more information go to: [www.americanheart.org](http://www.americanheart.org).

**Arthritis Foundation.** Sponsors fund-raising athletic events such as Arthritis Walk and Joints in Motion Training Team (teach you to walk or run a marathon or hike a challenging trail). The Arthritis Self-Help Course (ASHC) is a group education program designed to complement the professional services provided by your health care team. Information on exercise classes designed for people with arthritis can be obtained by calling 1-800-444-4993 or go to [www.arthritis.org](http://www.arthritis.org).

**Check Your Health.** Has information on diet and exercise in conjunction with KUTV. Includes a fitness challenge. For more information go to: [www.utahwalks.org](http://www.utahwalks.org) and [www.checkyourhealth.org](http://www.checkyourhealth.org).

**Cruising the Heart Highway, Heart Disease and Stroke Prevention Program, Utah Department of Health.**

Information on diet, exercise, and the Gold Medal School Program. For more information go to: [www.hearthighway.org](http://www.hearthighway.org).

**Food and Drug Administration (FDA)**

**Food Label Website.** The FDA Food Labeling web pages address the labeling requirements for foods under the Federal Food Drug and Cosmetic Act and its amendments. There is information on how to read a food label, educational materials, and current regulations. For more information go to: [www.cfsan.fda.gov/label.html](http://www.cfsan.fda.gov/label.html).

**Harvard School of Public Health**

**Nutrition Source.** Aside from not smoking, the most important determinants of good health are what we eat and how active we are. The Nutrition Source is designed to get you started down the path toward the healthiest diet possible. For more information go to: [www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource).

**Kidnetic.com.** This website is a wonderful site for children who like to play hard and have fun. It contains many fitness games and recipes for children. Kidnetic.com also has a section just for

parents. Parents can get the facts about children and physical activity, healthy eating and self-esteem. They can also ask experts questions and share their thoughts and experiences with other parents. For more information go to: [www.kidnetic.com](http://www.kidnetic.com).

**MedlinePlus.** This website has a wealth of health information from the world's largest medical library, the National Library of Medicine. Information is available for both health professionals and consumers. For more information go to: [www.medlineplus.gov](http://www.medlineplus.gov).

**Salt Lake City Track Club**

The Salt Lake City Track Club is an athletic organization that provides for the association of persons interested in personal health and wellness through the activity of running. The Club's primary focus is distance running, but all types of runners and walkers are welcome. As an athletic organization, they organize, promote, and support Club sponsored races and fun runs that provide opportunities for runners to associate and compete. Their activities are dedicated to promoting the welfare of the Club membership and the Utah running community. For more information go to: [www.slctrackclub.org](http://www.slctrackclub.org).

**Utah Walks.** This website tells you how to help create places for people to walk and bicycle, as well as identifies where you can find such places for your own use. For more information go to: [www.utahwalks.org](http://www.utahwalks.org).